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Introduction

Congratulations on the purchase of your new TRACKMASTER treadmill. These fine machines have been in production since 1977 and represent state-of-the-art design for heavy duty, institutional treadmills. Thousands of facilities have enjoyed years of daily use provided by the dependable TRACKMASTER treadmill.

The TM500E was intentionally designed to absorb a punishing level of constant use that would shut down an ordinary treadmill. Tougher and more durable than anything else on the market, it was specifically developed and built to meet the extraordinary heavy-use demands of fitness clubs, corporate health centers, hospital wellness programs, physical therapy, and cardiac rehabilitation.

This manual is designed to cover all aspects of the installation and service of your new TRACKMASTER. If you have a question, consult this manual first. If it is still unresolved, please call JAS Manufacturing direct.

Please remember to fill out and return the Warranty Registration Card to activate your warranty protection.

Directional Orientation

Throughout this manual, the "left", "right", "front", and "rear" sides of the TRACKMASTER are as viewed by the user running on the treadmill; e.g., the "front" end is the end with the power switch and power cord, and the other end is the "rear" end.

Customer Support

Should you require service and/or replacement parts for your TRACKMASTER, please contact the manufacturer:

**JAS Manufacturing
3228 Skylane Drive
Carrollton, Texas 75006**

Phone: (972) 380-1150

Toll Free: (800) 396-1570

Fax: (972) 931-6218

Please make sure to include the treadmill serial number located on the lower left side channel near the Master Switch.

NOTE: Your TRACKMASTER was carefully tested and left the factory in perfect working condition. If any damage occurs during shipping, it is the customers responsibility to note the damage on the shipping documents, contact the shipper immediately and file the appropriate claims.

Specifications

Treadmill

- ◆ User capacity - 375 lbs.
- ◆ All steel chassis with epoxy power coat

Drive System

- ◆ Heavy duty 2 HP AC inverter duty motor
- ◆ 208V/240V, 1 phase, 60 Hz, 15 AMP
Dedicated line required for each treadmill.

Control System

- ◆ Key pad speed control
- ◆ 20 Pre-programmed workouts
- ◆ 20 user-programmable workouts
- ◆ Digital LED speed displays
- ◆ Speed Resolution - .1 mph, accuracy +/- 2%, self calibrating digital signal
- ◆ Key pad elevation control
- ◆ Digital LED elevation display
- ◆ Elevation Resolution - .5%, accuracy +/- 2%, self calibrating, digital signal
- ◆ LED displayed elapsed time, distance, calories burned and pace in minutes per mile
- ◆ User activated safety magnet disconnects for Emergency Stop

Speed Range

- ◆ .5-10 mph (standard)

Elevation Range

- ◆ 0 - 22% standard
- ◆ 0-25% (optional)

Running Surface

- ◆ 22" X 61", cushioned, lubricated, low-profile (5" from floor)

Floor Surface Requirements

30" x 85" level surface

Precautions

WARNING!

Serious injury may result from loss of balance or falls. Follow the precautions below.

- ◆ Read this Owner's/Service Manual before operating the treadmill.
- ◆ Make sure the treadmill has been checked out prior to use.
- ◆ Locate the treadmill on a level, unobstructed surface.
- ◆ Make sure the treadmill is on dedicated, proper power.
- ◆ Never stand on belt when starting the treadmill.
- ◆ Always slow the treadmill to the minimum speed before stopping.
- ◆ Never step on the belt if it is moving faster than the minimum speed.
- ◆ Never allow children near the machine unless properly supervised.
- ◆ Do not remove the safety side rails.
- ◆ Keep hands, feet and clothing away from any moving parts.
- ◆ Always unplug the machine prior to servicing.

Before beginning any exercise program, check with your physician to determine your present physical condition and capabilities regarding aerobic exercise. Know your limits with regard to warm-up requirements, target and maximum heart and breathing rates, duration of exercise, cool-down periods, and recovery heart rates. Stop exercise immediately if you feel faint, dizzy or if symptoms of overexertion appear.

Important Safety Instructions

Before using the TRACKMASTER treadmill, follow these basic precautions:

1. Read the entire Owner's Manual and only use the TRACKMASTER as described.

DANGER! To reduce the risk of electric shock:

2. Always unplug the treadmill from the electrical outlet before cleaning.

To disconnect, set the Power Switch to the OFF position (the green light on the side of the treadmill should not be illuminated), then remove the plug from the outlet.

3. Never operate this unit if it has a damaged power cord or plug, if it is not operating properly, or in the presence of moisture.
4. Extension cords should NEVER be used.
5. Keep the power cord out of traffic areas and away from heated surfaces.

WARNING! To reduce the risk of injury from loss of balance or falls:

6. Do not stand on the belt when starting the treadmill.
7. Wear appropriate clothing. Running shoes should be worn.
8. Do not step onto or off of the belt if it is moving faster than 1.5 mph.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Obtain medical clearance before beginning any exercise program and never over-exert.
12. Connect the treadmill to a properly grounded outlet only! See Grounding Instructions on the following page.

SAVE THESE INSTRUCTIONS!

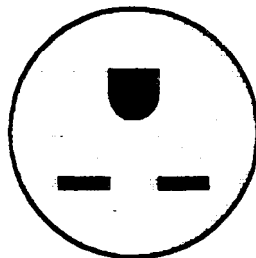
Grounding Instructions

TRACKMASTER treadmills **MUST** be grounded. If a malfunction occurs, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. TRACKMASTER treadmills are equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be placed into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER! Improper connection of the equipment grounding conductor can result in a risk of electric shock.

Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do **NOT** modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 200-240 volt/15 amp service. Make sure that the product is connected to an outlet that looks like the receptacle illustrated below. **NO** adapter or extension cord should be used with this product.



6-15R

Assembly, Location and Power Requirements

TRACKMASTER treadmills are shipped fully assembled unless otherwise specified. Once the treadmill is out of the crate, it can be moved to the exercise area by rolling it on its front wheel assembly. If moving over a rough surface (i.e. pavement), use a dolly under the front of the treadmill to prevent damage to the wheels.

The treadmill should be located on a smooth, level, stable surface. Short pile, industrial carpeting is acceptable. Do not place the treadmill on thick or long pile carpeting. Allow adequate room around the treadmill, away from obtrusive objects such as weight machines, etc., in case someone loses their balance. Locate the treadmill away from sources of moisture such as spas, fountains, etc.

Your TRACKMASTER operates on 200-240 volt/15 amp service. It is **MANDATORY** that the treadmill be supplied with an approved outlet that is properly grounded, fused at 15 amps and dedicated solely for the exclusive use of the treadmill as shown on page 5. **NO** other equipment may be on the treadmill circuit. Do not use extension cords.

NOTE: Make sure that power cords are in a non-traffic area.

Improper power, use of non-grounded or non-dedicated power supply will void the machine's warranty and result in major damage to your treadmill's electronics.

NOTE: Make sure the treadmill MASTER POWER SWITCH is in the "OFF" position before plugging the power cord into the wall socket.

Master Controls

MASTER POWER SWITCH

The Master Power Switch is a fused circuit breaker that provides ON/OFF settings for the main power to the treadmill. The master switch should always be in the OFF position unless the treadmill is in use.

NEVER use your foot to turn this switch ON or OFF. Doing so could damage the switch and void the warranty.

NEVER plug the treadmill into the wall socket with the master power switch in the ON position. Doing so can cause a power surge through the treadmill electronics which could blow the elevation motor and speed change motor fuses.

SAFETY MAGNET SWITCH

Attaches to the side of the Control Box magnetically, centered on the "STOP" design. The **Safety Magnet** (#4 on the Diagram on page 8) must be in place to start the treadmill, and can be used like a car ignition key to prevent unauthorized use. The Safety Magnet Switch has a cord attached to it. Pulling the cord pulls the magnet off of the Control Box and stops the treadmill.

Control Box and Functions

The red key marked "STOP" (#3 on the Diagram on page 8) stops the treadmill belt.

The yellow key marked "EXERCISE END" (#2 on the Diagram on page 8) causes the belt speed to gradually slow to the minimum speed and then stop. The elevation will gradually go down to zero % grade. This key should be used when normally ending a workout.

The green key marked "START" (#1 on the Diagram on page 8) starts the treadmill belt. It must be pressed and held for a few seconds before the belt will start. When the key is pressed, the MESSAGE CENTER (#10 on the Diagram on page 8) will show:

BELT STARTING

Message Center

The **SPEED WINDOW** (#6 on the Diagram on page 8) displays the set speed in miles per hour (Metric display is optional).

While belt is running, pressing the **SPEED UP ARROW** (#7 on the Diagram on page 8) key will begin to increase the speed numbers by .1 mph.

Pressing and holding the **SPEED UP ARROW** (#7 on the Diagram on page 8) key will adjust the set speed display slowly at first. After 4 counts, the display will begin to adjust at a medium rate, then after 4 more counts the display will change at a very fast rate. The display will stop at 10.5 mph (12 mph optional).

The speed of the belt will increase to the set speed on the display.

While the belt is running, pressing the **SPEED DOWN ARROW** (#7 on the Diagram on page 8) key will begin to decrease the speed numbers by .1 mph.

Pressing and holding the **SPEED DOWN ARROW** (#7 on the Diagram on page 8) key will adjust the set speed down slowly at first. After 4 counts, the display will begin to adjust at the medium rate, then after 4 more counts the display will change at a very fast rate. The display will stop at 1.5 mph (0.5 mph optional).

The speed of the belt will decrease to the set speed on the display.

The **SPEED RANDOM ACCESS** (#5 on the Diagram on page 8) bar is used to quickly adjust the speed while the belt is running. To adjust the speed faster, touch the **SPEED RANDOM ACCESS** bar by the LED that is lit, then slide your finger up the bar to the desired speed. The Speed Display will change speed as indicated by each LED.

The belt will adjust to the set speed on the Speed Window.

Control Box and Functions (continued)

The **SPEED PROFILE WINDOW** (#8 on the Diagram on page 8) displays a bar graph of speed for every 4 minutes of the workout. In addition, it is used for reviewing and programming workouts. The blinking LED shows the current point on the graph.

The **ELEVATION WINDOW** (#14 on the Diagram on page 8) displays the set elevation in % grade.

Pressing the **ELEVATION UP ARROW** (#13 on the Diagram on page 8) key will begin to increase the elevation grade numbers by .5%.

Pressing and holding the **ELEVATION UP ARROW** (#13 on the Diagram on page 8) key will adjust the set elevation display slowly at first. After 4 counts, the display will begin to adjust at a medium rate, then after 4 more counts, the display will change at a very fast rate. The display will stop at 22% (25% optional).

The elevation will gradually increase to the set elevation on the display.

Pressing the **ELEVATION DOWN ARROW** (#13 on the Diagram on page 8) key will begin to decrease the elevation grade numbers by .5%.

Pressing and holding the **ELEVATION DOWN ARROW** key will adjust the set elevation display slowly at first. After 4 counts, the display will begin to adjust at a medium rate, then after 4 more counts, the display will change at a very fast rate. The display will stop at 0%.

The elevation will gradually decrease to the set elevation on the display.

The **ELEVATION RANDOM ACCESS** (#15 on the Diagram on page 8) bar is used to quickly adjust the elevation. To adjust the elevation faster, touch the **ELEVATION RANDOM ACCESS** bar by the LED that is lit, then slide your finger up the bar to the desired elevation. The elevation display will change elevation as indicated by each LED.

The **ELEVATION PROFILE WINDOW** (#12 on the Diagram on page 8) displays a bar graph of elevation for every 4 minutes of the workout. In addition, it is used for reviewing and programming workouts. The blinking LED shows the current point on the graph.

While the belt is stopped, pressing the **TIME UP ARROW** (#19 on the Diagram on page 8) key causes the time to increment by 1 minute. This places the treadmill in **TIMER MODE**. The display may be set to a desired exercise time.

To turn off the **TIMER MODE**, touch and hold the **TIME DOWN ARROW** (#19 on the Diagram on page 8) key. When the time reaches 0, the treadmill will be in the manual mode.

Control Box and Functions (continued)

Touching the **RESET WORKOUT** (#9 on the Diagram on page 8) key will also return the treadmill to the manual mode.

The **TIME RANDOM ACCESS** (#20 on the Diagram on page 8) bar is used to quickly set the time for Timer Mode. To adjust the time, touch the **TIME RANDOM ACCESS** bar next to the time that you wish to exercise. The Time Display will change to the time as indicated on the Time Bar. For exact adjustments, use the **TIME ARROW KEYS** (#19 on the Diagram on page 8).

To run the treadmill in Timer Mode, see "Using the Treadmill Timer Mode" section.

The **RESET WORKOUT** (#9 on the Diagram on page 8) key clears the previous user's workout and returns the treadmill to the manual mode when the belt is stopped.

While the belt is running, the **RESET WORKOUT** (#9 on the Diagram on page 8) key resets the time display to time different portions of the workout such as warm-up or cool down.

The **CALORIE DISPLAY** (#16 on the Diagram on page 8) shows the total calories burned for the workout. To achieve accurate results, set your body weight using the function keys, see "Function Key" section.

The **DISTANCE DISPLAY** (#17 on the Diagram on page 8) shows the accumulated distance for the workout in miles (kilometers optional).

The **HELP KEY** (#9 on the Diagram on page 8) and Message Center explains each function on the 500E. When the **HELP KEY** is pressed, the **MESSAGE CENTER** (#10 on the Diagram on page 8) will show:

PRESS THE KEY YOU NEED HELP WITH...

PRESS ANY KEY

Message Center

When the next key is pressed, an explanation for that key or function will appear on the message center.

Control Box and Functions (continued)

When the belt is running, pressing either function key will cause the **MESSAGE CENTER** (#10 on the Diagram on page 8) to display the following information:

PACE = 5.0 min/mi	The speed in minutes per mile.
CAL/MIN = 2.5	Calories in calories per minute.
METS = 3.0	METS is the metabolic equivalent system used by cardiologists to equate activities to cardiovascular exercise level.
VO2/MIN = 4.8	VO2/MIN is the volume of oxygen that you are consuming per minute.

When the belt is stopped, pressing both **FUNCTION KEYS** (#11 on the Diagram on page 8) simultaneously moves through each of the three functions of **WEIGHT**, **PROGRAM** and **STAGE**. The LED next to the function will light and the Message Center will display the active mode as illustrated below.

Press both Function Keys simultaneously until the **WEIGHT LED** is lit and the Message Center displays:

WEIGHT = 154
Message Center

Set your weight by pressing the Up and Down arrow keys. This weight is used to calculate the calories burned for the workouts.

Press both function keys simultaneously until the **PROG. LED** lights. The Message Center will show:

WORKOUT 1
Message Center

The displays will show the following information:

SPEED	Maximum speed for this workout.
ELEVATION	Maximum elevation for this workout.
TIME	Total time for this workout.
CALORIES	Total calories for this workout based on the weight input in the previous step.
DISTANCE	Total distance in this workout.
PROFILE	Shows the profile for each stage.

Control Box and Functions (continued)

By pressing the **FUNCTION UP ARROW** (#11 on the Diagram on page 8) key, you may review all the programmed workouts. Workouts 1-20 are preprogrammed and workouts 21-40 are programmable. To program a workout, turn to "Programming Workout" section.

Press both function keys simultaneously until the **STAGE LED** lights. The message center will show:

STAGE 1

Message Center

The displays will show the following information:

SPEED	Speed for this stage.
ELEVATION	Elevation for this stage.
TIME	Time for this stage.
CALORIES	Total calories for this workout based on the weight input in the previous step.
DISTANCE	Total distance in this workout.
PROFILE	Shows the profile for each stage. The blinking LED shows the stage selected.

By pressing the Function Up Arrow key you may review all the stages for the workout selected.

Emergency Stop Procedures

Your TRACKMASTER has two independent emergency stop switches. The RED STOP switch cuts power to the main drive motor instantly. The treadmill belt will come to a complete stop within 1 to 5.0 seconds depending on the speed at which the belt was set.

If you cannot reach the STOP switch, pulling the cord attached to the safety magnet will pull the magnet from the box, stopping the treadmill also within 1 to 5.0 seconds. Always make sure the cord to the safety magnet is accessible. The treadmill cannot start unless the magnet is in place.

Checking The Treadmill Prior To Use

Before using the treadmill, it is important that you check the operation of the machine to ensure that it is ready for service. Please make sure that you have followed the instructions given in the previous sections. Also, insure that the area around the treadmill is free from any debris or packaging material.

PRECAUTION! Make sure that the treadmill's **Master Power** switch is in the "OFF" position before plugging the power cord into the wall socket.

1. Plug the treadmill into a dedicated, proper power receptacle.
2. Turn the treadmill **Master Power** switch to the "ON" position.
3. Install the **Safety Magnet** on side of the control box.
4. The **Control Box** should now be illuminated.

Straddle the running belt, hold onto safety rails and press the **START** switch. Treadmill should start.

5. Dismount the treadmill, leaving the belt running at the minimum 1.5 mph speed. Keep hands, feet and clothing away from moving parts.
6. If the belt is tracking OK, slow the treadmill down to minimum speed and **STOP**. Straddle the belt as before and select the **ELEVATION DISPLAY** in the information Window. Hold the **ELEVATION** switch up until 10% is displayed. Now, hold the **ELEVATION** switch down until 0% is displayed and the elevation returns to level.
7. While straddling the belt, press the **START** switch to start the belt.
8. Still straddling the belt, pull the **SAFETY MAGNET** switch from the **CONTROL** box, the belt should stop.

Replace the magnet.
9. Make sure the minimum speed is displayed in the **Information Window**. While holding onto the padded safety rail, put one foot gently on the moving belt and allow your foot to move back with the belt. Do this several times to get the "feel" of the belt movement. When comfortable, step briskly onto the moving belt while still holding onto the safety rails. Walk normally, keeping up with the treadmill. Within a short time, you will be able to walk comfortably and can select a speed/elevation which matches your capabilities.
11. Slow to minimum speed and stop the treadmill by pressing the **RED STOP** switch.

Your **TRACKMASTER** went through several hours of operation and quality control prior to leaving the factory, thus there is little likelihood of malfunction. If you need help, follow the procedures in the introduction section. Barring any need for service or belt adjustment, your **TRACKMASTER** is ready for use.

Using the Treadmill

WARNING!

All motorized equipment is potentially dangerous if used incorrectly. Serious injury may result from loss of balance or falls. Read the precautions and owner's manual completely prior to using the treadmill.

NEVER stand on the belt when starting the treadmill.

NEVER step on the belt if it is moving faster than 1.5 mph minimum speed.

Make sure the treadmill has been assembled and checked out for proper operation prior to use.

When ready to use the treadmill, hold onto the front or side safety rails and position feet on the strips located on either side of the running belt. Familiarize yourself with the location of the Safety Magnet and its attached cord.

Using the Treadmill - Manual Mode

When the treadmill is turned **ON**, it will be in the **MANUAL MODE**. If the belt is not running and the keys are not pressed, the treadmill will automatically return to the **MANUAL MODE** in one minute. All of the displays will turn off except the **SPEED AND ELEVATION**. To return to the **MANUAL MODE** any time the belt is not running, press the **RESET WORKOUT** key.

Press and hold the **GREEN START** key to start the treadmill belt. The **MESSAGE CENTER** will display: **BELT STARTING**.

While still holding onto the safety rails, put one foot on the moving belt and allow your foot to move back with the belt. Do this several times to get the "feel" of the belt movement. When you are comfortable, step briskly onto the moving belt.

Adjust the elevation of the treadmill using the **ELEVATION ARROW** keys or the **ELEVATION RANDOM ACCESS** bar to the desired grade.

The elapsed time, calories and distance traveled will be shown on the respective displays.

The **MESSAGE CENTER** will instruct you on all of the features as your are excising.

To display **PACE** information, press either **FUNCTION** key.

When you are finished with your workout, press the **YELLOW END EXERCISE** key. The treadmill speed will gradually slow to minimum speed and then the belt will stop. The elevation will also return to its 0% grade.

Using the Treadmill - Timer Mode

To use the treadmill in the **TIMER MODE**, stop the belt and press the **RESET WORKOUT** key. Touch the **TIME RANDOM ACCESS** bar next to the time you wish to workout. You may also use the **TIME ARROW** keys to adjust the time. The time may be adjusted from 1 - 99 minutes.

When the desired time is displayed, press and hold the **GREEN START** key. The **MESSAGE CENTER** will display: **START TIMER MODE**.

While still holding onto the safety rails, put one foot on the moving belt and allow your foot to move back with the belt. Do this several times to get the "feel" of the belt movement. When you are comfortable, step briskly onto the moving belt.

The **TIME DISPLAY** will start counting down, showing the exercise time remaining. When the display shows three (3) seconds of exercise left, the treadmill will sound a tone to signal the end of the exercise and the **MESSAGE CENTER** will display: **ENDING WORKOUT**.

The speed will gradually slow to minimum speed and then the belt will stop. The elevation will also return to 0% grade.

Using the Treadmill - Workout Mode

To use the treadmill in the fully automatic protocol mode, stop the belt and press the **RESET WORKOUT** key.

Press both **FUNCTION ARROW** keys to enter the **WEIGHT MODE** and enter your weight using the **FUNCTION ARROW** keys.

Press both **FUNCTION ARROW** keys again and the **PROG.LED** will light and the **MESSAGE CENTER** will show: **WORKOUT 1**

You may review the workouts by pressing the **FUNCTION ARROW** keys and observing the displays. The **SPEED** and **ELEVATION** window displays the maximum for the workout. The **CALORIE**, **DISTANCE** and **TIME** windows show the total for the workout. The **ELEVATION** and **SPEED PROFILE** show how the speed and elevation will adjust for all the stages.

There are 20 preprogrammed workouts numbered 1-20. See the "**PREPROGRAMMED WORKOUT**" section for workouts with the calorie and METS calculations. You may program your own workout by following the steps in the next section.

Once you have selected a workout, straddle the belt, press and hold the **START** key until the belt starts. The **MESSAGE CENTER** will display: **START PROG MODE**.

The tone will sound alerting the user that the belt is starting.

The belt will start and the speed and the elevation will adjust to the first stage.

While still holding onto the padded safety rails, put one foot on the moving belt and allow your foot to move back with the belt. Do this several times to get the "feel" of the belt movement. When you are comfortable, step briskly onto the moving belt.

During the protocol operation, a warning tone will sound before each stage changes. The **MESSAGE CENTER** will display the stage number. At the end of the last stage, a warning tone will sound and the **MESSAGE CENTER** will display: **ENDING WORKOUT**.

The speed will gradually slow to 1.5 mph and then the belt will stop. The elevation will also return to 0% grade.

Using the Treadmill - Programming a Workout

To program your own personal workout, stop the belt and press the **RESET WORKOUT** key.

Press both **FUNCTION ARROW** keys to enter the weight mode. Then, enter your weight using the **FUNCTION ARROW** keys.

Press both **FUNCTION ARROW** keys again and the **PROG.LED** will light and the **MESSAGE CENTER** will show a workout number.

Using the **FUNCTION ARROW** keys, select a workout number from 21 to 40. This is where the programmable workouts are stored.

Press both **FUNCTION ARROW** keys and the display should read **STAGE 1**. To erase and reprogram an entire workout, press and hold the **FUNCTION DOWN ARROW** key for 4 seconds. All displays will adjust to 0.

PROGRAMMING STEPS

Start programming by selecting the elevation for Stage 1 by pressing the **ELEVATION RANDOM ACCESS BAR** using the **ELEVATION ARROW** keys for fine adjustments.

Next, select the time for Stage 1 by pressing the **TIME RANDOM ACCESS BAR** and using the **ELEVATION ARROW** keys for fine adjustments.

Next, select the time for Stage 1 by pressing the **TIME RANDOM ACCESS BAR** and using the **TIME ARROW** keys for fine adjustments.

Next, select the speed for Stage 1 by pressing the **TIME RANDOM ACCESS BAR** and using the **SPEED ARROW** keys for fine adjustments.

To store the Stage 1 information, press the **FUNCTION UP ARROW** key. The **MESSAGE CENTER** will display: **STAGE 2**.

Repeat the 4 above steps for all eight stages.

As you program the workout, the **CALORIE** and **DISTANCE DISPLAYS** will show you the total for the workout as you are programming.

To run the workout, press both **FUNCTION** keys and follow the steps as outlined in **WORKOUT MODE**.

Using the Treadmill - Pre-Programmed Workouts

#1 - 1 Mile Moderate Walk

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	3.5	3	13.52	0.18	4.51	0.075	12.88	3.68
3	0	4.0	15	74.66	1.00	4.98	0.083	14.22	4.06
4	0	3.5	2	9.02	0.12	4.51	0.075	12.88	3.68
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8		0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			25	117.39	1.54				
MAX	0	4							

#2 - 1 Mile Moderate Uphill Walk

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	3.5	3	17.07	0.18	5.69	0.095	16.26	4.64
3	4	4.0	5	38.39	0.33	7.68	0.128	21.94	6.27
4	6	4.0	5	45.15	0.33	9.03	0.150	25.80	7.37
5	8	4.0	5	51.90	0.33	10.93	0.173	29.66	8.47
6	2	3.5	2	11.38	0.12	5.69	0.095	16.26	4.64
7	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			25	184.08	1.54				
MAX	8	4							

#3 - 1 Mile Fast Walk/Jog

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	4.0	3	14.93	0.20	4.98	0.083	14.22	4.06
3	0	5.0	12	127.26	1.00	10.61	0.177	30.30	8.66
4	0	4.0	2	9.95	0.13	4.98	0.083	14.22	4.06
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			22	172.34	1.58				
MAX	0	5							

Using the Treadmill - Pre-Programmed Workouts (continued)

#4 - 1 Mile Fast Uphill Walk/Jog

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	4.0	3	18.98	0.20	6.33	0.105	18.08	5.17
3	4	5.0	4	49.17	0.33	12.29	0.205	35.12	10.04
4	6	5.0	4	52.55	0.33	13.14	0.219	37.54	10.72
5	8	5.0	4	55.93	0.33	13.98	0.233	39.95	11.41
6	2	4.0	2	12.66	0.13	6.33	0.105	18.08	5.17
7	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			22	209.48	1.58				
MAX	8	5							

#5 - 2 Mile Moderate Walk

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	3.5	3	13.52	0.18	4.51	0.075	12.88	3.68
3	0	4.0	30	149.31	2.00	4.98	0.083	14.22	4.06
4	0	3.5	2	9.02	0.12	4.51	0.075	12.88	3.68
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8		0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			40	192.05	2.54				
MAX	0	4							

#6 - 2 Mile Moderate Uphill Walk

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.0	0.067	11.54	3.30
2	2	3.5	3	17.07	0.18	5.69	0.095	16.26	4.64
3	4	4.0	10	76.78	0.67	7.68	0.128	21.94	6.27
4	6	4.0	10	90.29	0.67	9.03	0.150	25.80	7.37
5	8	4.0	10	103.80	0.67	10.98	0.173	29.66	8.47
6	2	3.5	2	11.38	0.12	5.69	0.095	16.26	4.64
7	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			40	319.52	2.54				
MAX	8	4							

Using the Treadmill - Pre-Programmed Workouts (continued)

#7- 2 Mile Fast Walk/Jog

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	4.0	3	14.93	0.20	4.98	0.083	14.22	4.06
3	0	5.0	24	254.52	2.00	10.61	0.177	30.30	8.66
4	0	4.0	2	9.95	0.13	4.98	0.083	14.22	4.06
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8			0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			34	299.60	2.58				
MAX	0	5							

#8 - 2 Mile Fast Uphill Walk/Jog

STAGE	ELV.	SPEED	TIME	CAL TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	4.0	3	18.98	0.20	6.33	0.105	18.08	5.17
3	4	5.0	4	49.17	0.33	12.29	0.205	35.12	10.04
4	6	5.0	4	52.55	0.33	13.14	0.219	37.54	10.72
5	8	5.0	4	55.93	0.33	13.98	0.233	39.95	11.41
6	2	4.0	2	12.66	0.13	6.33	0.105	18.08	5.17
7	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
8	2	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			22	209.48	1.58				
MAX	8	5							

#9 - 1 Mile Jog

STAGE	ELV.	SPEED	TIME	CAL TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	4.0	3	14.93	0.20	4.98	0.083	14.22	4.06
3	0	6.0	10	124.81	1.00	12.48	0.208	35.66	10.19
4	0	4.0	2	9.95	0.13	4.98	0.083	14.22	4.06
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			20	169.89	1.58				
MAX	0	6							

Using the Treadmill - Pre-Programmed Workouts (continued)

#10 - 1 Mile Uphill Jog

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	4.0	3	18.98	0.20	6.33	0.105	18.08	5.17
3	4	6.0	3	43.52	0.30	14.51	0.242	41.45	11.84
4	6	6.0	4	62.08	0.40	15.52	0.259	44.34	12.67
5	8	6.0	3	49.60	0.30	16.53	0.276	47.24	13.50
6	2	4.0	2	12.66	0.13	6.33	0.105	18.08	5.17
7	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			20	207.03	1.58				
MAX	8	6							

#11 - 2 Mile Jog

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	4.0	3	14.93	0.20	4.98	0.083	14.22	4.06
3	0	6.0	20	249.62	2.00	12.48	0.208	35.66	10.19
4	0	4.0	2	9.95	0.13	4.98	0.083	14.22	4.06
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			30	294.70	2.58				
MAX	0	6							

#12 - 2 Mile Uphill Jog

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	4.0	3	18.98	0.20	6.33	0.105	18.08	5.17
3	4	6.0	6	43.52	0.60	14.51	0.242	41.45	11.84
4	6	6.0	7	87.04	0.70	15.52	0.259	44.34	12.67
5	8	5.0	7	108.64	0.58	13.98	0.233	39.95	11.41
6	2	4.0	2	97.87	0.13	6.33	0.105	18.08	5.17
7	0	3.0	3	12.66	0.15	4.04	0.067	11.54	3.30
8	0	0.0	0	12.12	0.00	1.23	0.020	3.50	1.00
TOTAL			30	345.39	2.47				
MAX	8	6							

Using the Treadmill - Pre-Programmed Workouts (continued)

#13 - 2 Mile Run

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	4.0	3	14.93	0.20	4.98	0.083	14.22	4.06
3	0	7.5	16	244.72	2.00	15.30	0.255	43.70	12.49
4	0	4.0	2	9.95	0.13	4.98	0.083	14.22	4.06
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	1.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			26	289.80	2.58				
MAX	0	7.5							

#14 - 2 Mile Uphill Run

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	4.0	3	18.98	0.20	6.33	0.105	18.08	5.17
3	4	7.5	4	71.31	0.50	17.83	0.297	50.94	14.55
4	6	7.5	4	76.38	0.50	19.09	0.318	54.55	15.59
5	8	7.5	4	81.44	0.50	20.36	0.339	58.17	16.62
6	4	7.5	4	71.31	0.50	17.83	0.297	50.94	14.55
7	2	4.0	2	12.66	0.13	6.33	0.105	18.08	5.17
8	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
TOTAL			26	352.27	2.58				
MAX	8	7.5							

#15 - 2 Mile Moderate Run

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O2 (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	0	4.0	3	14.93	0.20	4.98	0.083	14.22	4.06
3	0	9.0	13	235.42	1.95	18.11	0.302	51.74	14.78
4	0	4.0	2	9.95	0.13	4.98	0.083	14.22	4.06
5	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
6	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
7	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			23	280.50	2.53				
MAX	0	9							

Using the Treadmill - Pre-Programmed Workouts (continued)

#16 - 2 Mile Moderate Uphill Run

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
2	2	4.0	3	18.98	0.20	6.33	0.105	18.08	5.17
3	4	9.0	3	63.44	0.45	21.15	0.352	60.42	17.26
4	6	9.0	4	90.67	0.60	22.67	0.378	64.76	18.50
5	8	9.0	3	72.56	0.45	24.19	0.403	69.11	19.74
6	4	9.0	4	84.59	0.60	21.15	0.352	60.42	17.26
7	2	4.0	2	12.66	0.13	6.33	0.105	18.08	5.17
8	0	3.0	3	12.12	0.15	4.04	0.067	11.54	3.30
TOTAL			24	363.10	2.68				
MAX	8	9							

#17 - 3 Mile Fast Run

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.0	2	2.08	0.10	4.04	0.067	11.54	3.30
2	0	5.0	3	31.82	0.25	10.61	0.177	30.30	8.66
3	0	7.0	3	43.07	0.35	14.36	0.239	41.02	11.72
4	0	10.0	18	359.73	3.00	19.99	0.333	57.10	16.31
5	0	7.0	2	28.71	0.23	14.36	0.239	41.02	11.72
6	0	5.0	3	31.82	0.25	10.61	0.177	30.30	8.66
7	0	3.0	2	8.08	0.10	4.04	0.067	11.54	3.30
8	0	0.0	0	0.00	0.00	1.23	0.020	3.50	1.00
TOTAL			33	511.3	4.28				
MAX	0	10							

#18 - Aerobic Burn #1

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.5	3	13.52	0.18	4.51	0.075	12.88	3.68
2	8	3.5	4	36.94	0.23	9.24	0.154	26.39	7.54
3	12	3.5	4	46.40	0.23	11.60	0.193	33.14	9.47
4	16	3.5	4	55.85	0.23	13.96	0.233	39.89	11.40
5	12	3.5	4	46.40	0.23	11.60	0.193	33.14	9.47
6	8	3.5	4	36.94	0.23	9.24	0.154	26.39	7.54
7	4	3.5	2	13.74	0.12	6.87	0.115	19.63	5.61
8	0	3.5	3	13.53	0.18	4.51	0.075	12.88	3.68
TOTAL			28	263.33	1.63				
MAX	16	3.5							

Using the Treadmill - Pre-Programmed Workouts (continued)

#19 - Aerobic Burn #2

Assumes 154 lb/70 KG Body Weight

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.5	2	9.02	0.12	4.51	0.075	12.88	3.68
2	8	4.0	5	51.90	0.33	10.38	0.173	29.66	8.47
3	14	4.0	5	72.16	0.33	14.43	0.241	41.23	11.78
4	20	4.0	5	92.42	0.33	18.48	0.308	52.81	15.09
5	14	4.0	5	72.16	0.33	14.43	0.241	41.23	11.78
6	8	3.5	3	27.71	0.18	9.24	0.154	26.39	7.54
7	4	3.5	2	13.74	0.12	6.87	0.115	19.63	5.61
8	0	3.5	3	0.00	0.18	4.51	0.075	12.88	3.68
TOTAL			30	339.11	1.92				
MAX	20	4.0							

#20 - Interval

STAGE	ELV.	SPEED	TIME	CAL. TOT.	DIST.	CAL. (C/m)	CAL. (C/SEC)	O ₂ (ml/KG/mn)	WORK LOAD (METS)
1	0	3.5	3	13.52	0.18	4.51	0.075	12.88	3.68
2	12	3.5	4	46.40	0.23	11.60	0.193	33.14	9.47
3	4	3.5	2	13.74	0.12	6.87	0.115	19.63	5.61
4	16	3.5	4	55.85	0.23	13.96	0.233	39.89	11.40
5	4	3.5	2	13.74	0.12	6.87	0.115	19.63	5.61
6	20	3.5	4	65.31	0.23	16.33	0.272	46.65	13.33
7	4	3.5	2	13.74	0.12	6.87	0.115	19.63	5.61
8	0	3.5	3	13.53	0.18	4.51	0.075	12.88	3.68
TOTAL			24	235.84	1.40				
MAX	20	3.5							

Maintenance

Regular preventative maintenance will keep your TRACKMASTER treadmill looking and operating its best for many years.

To help record use and maintenance intervals, keeping a log like the one on page 51 is recommended.

It is essential to the long life of the treadmill that cleaning and other preventative procedures be performed at regular intervals.

The following procedures will assure you many years of safe and trouble free operation:

WARNING! Before cleaning the TRACKMASTER, be sure to turn the unit OFF and disconnect it from the power outlet.

DAILY MAINTENANCE

- ◆ Wipe the treadmill down to remove soil and perspiration.
- ◆ The hood and handrails may be cleaned with a soft cloth dampened with a solution of warm water and mild detergent.
- ◆ Stubborn stains and scuff marks should be removed only with a non-abrasive, industrial strength cleaner such as 409®.

WEEKLY MAINTENANCE

- ◆ Vacuum around and under the treadmill. Using the vacuum, clean all exposed surfaces. Do not move the treadmill from its original position as this will compromise originally set belt tracking.

SEMI-ANNUALLY

- ◆ Lubricate the elevation screws with a Moly based grease available from TRACKMASTER.

All repair procedures should be performed by a qualified service provider. If your TRACKMASTER should require any servicing other than normal maintenance, contact JAS Manufacturing Customer Support at (800) 396-1570 or (214) 380-1150.

Messages

The TM500-E has built in diagnostics that continually monitor the operation of the treadmill. The following describes the messages that may appear and the repair procedure.

SPEED RESETTING . . .

SPEED RESETTING

Message Center

When the **START** button is pressed and this message appears, it means that the transmission is resetting. The transmission takes 1 to 40 seconds to reset depending on the speed at which the belt was stopped. Wait until the speed window displays 1.5 and the belt should start.

SPEED SENSOR ERROR #20 . . .

SPD SNS ERR 20

Message Center

When this message appears, it means that the **SPEED SENSOR** is no longer operational. The **SPEED DISPLAY** will show -- and the message will continually appear. The speed will slow to minimum speed and the **SPEED ARROW** keys and **SPEED RANDOM ACCESS BAR** will no longer function.

To repair: The speed sensor should be cleaned or replaced.

ELEVATION SENSOR ERROR #21 . . .

ELEV SNS ERR 21

Message Center

When this message appears, it means that the **ELEVATION SENSOR** is no longer operational. The **ELEVATION DISPLAY** will show 0.0. The elevation will decrease to 0% grade.

To repair: The Elevation Sensor should be cleaned or replaced.

NON ASR ERROR #11 . . .

NON ASR ERR 11

Message Center

Messages (continued)

When the treadmill power is first applied, the **CONTROL BOX** checks if the treadmill has **AUTOMATIC SPEED RESET (ASR)** built in. When the power is applied to an **ASR** machine, the transmission is reset to the minimum speed. When this occurs, the **SPEED SENSOR** is activated. If the belt does not move or the speed sensor is broken, the error message appears and the treadmill will not operate.

To repair: If the belt moves on power up, the speed sensor should be cleaned or replaced.

If the belt does not move, the **ASR** mechanics must be repaired.

BELT WAX MESSAGE . . .

CALL SERVICE . . . TO WAX BELT

Message Center

When this message appears, it means that the **ELECTRONIC ODOMETER** inside the treadmill has reached 8,000 miles.

It is recommended that the **RUNNING DECK** should be rewaxed by an authorized factory service technician. Call your local dealer to arrange a service time.

PROGRAMMING CLUB NAME INTO MESSAGE CENTER . . .

The club name in the Message Center is designed to be inserted at the first message. The message would read as follows:

TRACKMASTER
(programmed message) **AND SPORTS LIFE CLUB**
WELCOMES YOU TO THE
****TM500****

To program the club name, the treadmill must be placed in the **SERVICE MODE**.

Turn off the main power of the treadmill and place the **MAGNETIC KEY** over the label on the right hand side of the **CONTROL BOX**.

While holding down the **GREEN START** key, turn the main power **ON**. The message center will display:

VERSION x.xx
(The x.xx stands for the version of the software.)

Press the **START** button twice and the **MESSAGE CENTER** will show:

PRG MSG = >

Press the **FUNCTION UP ARROW** key until "A" appears next to the = sign.

Messages (continued)

Press the **TIME UP ARROW** key for the next character. The characters will scroll to the left. Press the **FUNCTION UP ARROW** key until an "N" appears next to the "A". Press the **TIME UP ARROW** key for the next character.

Continue the process until the message "AND CLUB NAME:" is shown on the display. The "AND" will scroll off the screen as you program the club name.

To store the message, press the **STOP** key. To abort and not store any changes, press the **START** key.

To erase any programmed club name, use the procedure above to display **PRG MSG = > (Club Name)** in the **MESSAGE CENTER**. Press **RESET** key to erase the name, then press **STOP** key to accept the erase command.

Running Belt Adjustment

Tools required for this procedure: 1/2" Socket Wrench

IMPORTANT!

Because this adjustment is not covered under your warranty, it is important to review these instructions thoroughly before proceeding with this process.

When setting up your TRACKMASTER, you may need to adjust the tracking of the belt to conform to your floor. Also, you may need to adjust the tracking anytime you move the machine to another location. The need to do this has been greatly reduced with the TRACKMASTER patented MasterTrack® Belt Tracking System.

It is desirable to keep your RUNNING BELT centered, although a slight amount of movement to the left or to the right is normal during use. However, you must not allow the RUNNING BELT to travel all the way to either side. Allowing that to happen will cause damage to the RUNNING BELT and this type of damage is NOT covered under the warranty.

To adjust the Belt Tracking

1. Turn ON the treadmill.
2. Increase the speed to 3 mph.
3. Observe the left side of the RUNNING BELT as it goes over the REAR ROLLER.

If the belt runs to the right side of the running surface, turn the right bolt 1/4 turn clockwise and the left bolt 1/8 turn counter clockwise.

NOTE: However many turns one side is tightened, always loosen the opposite side half as much. This will give finer control and not affect the belt tension as much.

Check the belt after about two minutes, with the treadmill running at a speed of approximately 7 mph. If the belt does not correct itself, continue with slight turns until the belt is in the center of the running surface. Similarly, use the left adjustment if the belt runs toward the left.

CAUTION! Uneven floors will cause a great deal more belt misalignment than normal. This may require larger and quicker adjustments so that the belt will not be damaged.

Also with use, the RUNNING Belt may stretch and become loose. This is noticeable when the belt tends to hesitate or "stick" during use.

To adjust Belt Tension

1. If the belt is loose and slipping, tighten both bolts equally (clockwise) in small increments until the slipping ceases.

Exterior Care

The epoxy powder coat finish on your TRACKMASTER is as durable as many automobile finishes. Just like your car, salt water (perspiration) should not be allowed to collect on your treadmill. Make sure that the unit is wiped down daily.

It is recommended that the treadmill exterior be waxed with an automotive paste wax at least twice per year in high usage environments.

Elevation Screw Lubrication

Tools required for this procedure: Mobil #530304 or equivalent
 Clean, lint free cloth
 Small paint brush

The treadmill elevation screw should be cleaned and lubricated once per year. In high usage environments, once every 6 months.

To service, elevate the treadmill to the maximum elevation. Turn the POWER SWITCH "OFF" and disconnect the POWER CORD from power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.

Using a lint free cloth, remove the old lubricant and accumulated dust from the ELEVATION SCREWS.

Use a small brush to reapply a moly based grease such as Mobil #530304 to the ELEVATION SCREWS. Make sure the gaps between the threads are full of grease. Do not over apply as the excess grease will drip onto the floor. Return unit to service. To order moly based grease, call JAS Manufacturing at (800) 396-1570.

Flipping and Re-Waxing the Running Board

FLIPPING THE RUNNING BOARD

1. Remove the RUNNING BOARD from the treadmill and place on a bench or table at a comfortable height. (Follow "Running Belt Replacement" instructions on page 20 to remove board).
2. Clean the RUNNING BOARD surface with a dry scouring pad, such as Scotchbrite® by 3M®. Remove as much dirt as possible without damaging the tempered RUNNING BOARD surface, then dust the surface with a clean dry rag.
3. Remove the (6) slotted screws holding the RUBBER ISOLATORS and DECK SUPPORT ANGLES. Mount the RUBBER ISOLATORS and DECK SUPPORTS ANGLES to the opposite side of the RUNNING BOARD.
4. Reassemble RUNNING BOARD into the SIDE CHANNELS as indicated on the Running Belt Replacement instructions on page 20.

REWAXING THE RUNNING BOARD

Tools required for this procedure: 1000 Watt Iron (minimum wattage)

1. Turn the POWER SWITCH OFF and disconnect the POWER CORD from the power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord before you attempt Re-Waxing.
2. Remove the RUNNING BOARD from the treadmill and place on a bench or table at a comfortable height. (Follow "Running Belt Replacement" instructions on page 20 to remove board).
3. Clean the RUNNING BOARD surface with a dry scouring pad, such as Scotchbrite® by 3M®. Remove as much dirt as possible without damaging the tempered RUNNING BOARD surface, then dust the surface with a clean dry rag.
4. Set the iron temperature to its hottest setting (use at least a 1000 watt iron). Pour approximately 1/3 cup of the special wax beads down the center of the RUNNING BOARD. Place the iron on top of the beads and hold until the wax begins to melt.
5. Slowly move your iron up and down the RUNNING BOARD in small circular patterns until the RUNNING BOARD and wax are hot enough for the board to absorb the wax. The first coat can take up to 45 minutes before the board reaches the proper temperature for the wax to be absorbed. Once the proper temperature is reached, the wax will boil like hot water then disappear into the RUNNING BOARD. The most difficult part of this procedure is being patient.
6. Be patient! If you do not work the wax in well enough, you may have to Re-Wax again much earlier than necessary. Remove any excess wax from the board when you are finished by gently buffing the surface with a Scotchbrite® pad.

Running Belt Replacement

Tools required for this procedure: 1/2" Socket Wrench
Phillips Head Screwdriver

1. Raise elevation to lift the front end about 10 inches off the floor.
2. Lift and support the rear end of the treadmill so that the frame is near level.
3. Turn the POWER SWITCH OFF and disconnect the POWER CORD from power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.
4. Remove the (2) REAR ROLLER TAKE UP BOLTS (5/16-18 X 4" hex head cap screws) that are used for belt tensioning and tracking.
5. Push the REAR ROLLER forward to loosen the belt tension.
6. Remove the (2) 5/16-18 X 1-1/4" BOLTS holding the FRONT DRIVE ROLLER in place. Push the roller to the left side of the treadmill (ON/OFF switch side) as far as it will go. The timing pulley side of the roller should drop from the MOUNTING ANGLE allowing you to pull the roller out of the treadmill.
7. Remove the aluminum END CAPS.
8. Remove the REAR ROLLER.
9. Remove the bolts holding the RUNNING BOARD to the LEFT and RIGHT SIDE CHANNELS.
10. Slide the RUNNING BOARD and RUNNING BELT out towards the rear of the SIDE CHANNELS. This may require some assistance to apply constant force upwards to allow the deck mounting hardware to pass over the mounting flanges.
11. To reassemble, reverse the above procedures.
12. When installing the FRONT DRIVE ROLLER, be sure that the TIMING DRIVE BELT is properly located over both TIMING GEARS.
13. When installation is complete, before tensioning the belt, make two visible marks 50 inches apart (if the marks do not already exist). Tighten the REAR ROLLER take up bolts evenly until the distance between the two marks measures 50-1/2 inches. This will provide the 1% tension recommended by the belt manufacturer.
14. The RUNNING BELT is now ready for tracking adjustment. Refer to the section on Running Belt Adjustment (page 16).

NOTE: The RUNNING BELT will stretch a little depending upon use. When this occurs, the user will feel the belt hesitate briefly at each foot strike. Usually, turning both TENSIONING BOLTS one half turn will give you the proper tension. Do not over tension. Make small 1/4 turn adjustments if the belt seems close to the proper tension.

Internal Power Breaker Location and Resetting

Tools required for this procedure: Phillips Head Screwdriver

1. All breakers are located at the front of the treadmill, underneath the base plate.
2. To access the breaker, remove the Phillips Head screws and lift off the cover.
3. The breakers are numbered and identification label is located on the inside of the base plate.

F1 Power Supply / Relay Board

F2 Power Supply / Relay Board

F3 Elevation Motor

F4 Elevation Motor

4. To reset the breakers, push the switch inward.

Roller Removal

Tools required for this procedure: 1/2" Socket Wrench
Phillips Head Screwdriver

1. Elevate the treadmill to around 12%. Turn the POWER SWITCH OFF and disconnect the POWER CORD from the power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.
2. Using a 1/2" socket wrench, turn both 5/16" REAR ROLLER TAKE UP BOLTS counter-clockwise until there is no tension left on the RUNNING BELT.
3. Remove the (2) 5/16 - 18 X 1-1/4" bolts holding the front FRONT DRIVE ROLLER in place. Push the roller to the left side of the treadmill (ON/OFF switch side) as far as it will go. The Timing Pulley side of the roller should drop from the MOUNTING ANGLE allowing you to pull the roller out of the treadmill.
4. To install the roller, reverse the procedure paying attention to the TIMING DRIVE BELT. Make sure that this belt is correctly placed on both sprockets.
5. Adjust RUNNING BELT tension and tracking.

REAR ROLLER (Driven Roller):

1. Follow the procedures above to remove the DRIVER ROLLER.
2. Then remove the two 5/16" REAR ROLLER TAKE UP BOLTS that are used to adjust the RUNNING BELT.
3. Remove the END CAPS.
4. Remove the REAR ROLLER by pulling straight back past the side rails and then out of the belt.
5. Reverse the procedure to install the new REAR ROLLER and re-install the DRIVE ROLLER.

NOTE: Rollers are heavy and the ROLLER BEARINGS can be damaged if the ROLLER SHAFT is allowed to hit the ground vertically. Always handle rollers horizontally and NEVER impact the ROLLER SHAFT.

Elevation Screw Assembly Replacement

Tools required for this procedure: •Phillips Head Screwdriver - •Adjustable channel locks - 1/2", 7/16" Sockets-3/4" wrench - •Soft Blow hammer - •1/8" and 5/32" Allen wrenches

1. Turn the POWER SWITCH OFF and disconnect the POWER CORD from power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.
2. Securely prop the treadmill on a bench or other sturdy object so that there is no load on the ELEVATION SYSTEM. You should be able to work on the ELEVATION SYSTEM safely and still have easy access to it.

CAUTION! Whatever surface is used to hold the treadmill must be safe and the treadmill secure before proceeding.

3. Remove the two 1/2" bolts, holding the FRONT WHEEL ASSEMBLY to the ELEVATION SCREWS, and set them aside.
4. Loosen the two bolts, holding the ELEVATION TAKE UP/SENSOR so that it will move freely.
5. Loosen the two bolts, holding the ELEVATION MOTOR MOUNTING PLATE to the UPPER ELEVATION CHANNEL so that it will move freely. Follow steps 4 and 5 will loosen the chain tension enough so that it will be easier to work on the ELEVATION SYSTEM.
6. Remove both ELEVATION SCREWS from the unit by hand turning until they come free from the ELEVATION SCREW TUBE and set them aside.
7. Remove the SCREW SPROCKET and BEARINGS from both sides by grasping and pulling straight back.
8. Inspect the UPPER and LOWER BUSHINGS. Replace if necessary.
9. Inspect the ELEVATION CHANNELS for damage. Replace if necessary.
10. Install the new assemblies in reverse order.
11. Align and level the ELEVATION SCREWS to each other. Remember, the screw to screw height and alignment is very important. Before re-bolting on the FRONT WHEEL ASSEMBLY, measure from the bottom of the lower elevation cross piece to the bottom of the ELEVATION SCREWS. If one side measures a certain distance, make sure the other side is exactly the same before bolting on the FRONT WHEEL ASSEMBLY. Hold the ELEVATION SCREW so that it will not turn when tightening the 1/2" bolt.
12. Run a test on the system without any load for proper operation. If there are any problems, you can immediately shut OFF the power. If no load was applied, there should be no damage.
13. When the treadmill is placed back on the floor, test to see that the Elevation is still operating properly.
14. Refer to "Elevation Micro Switch Adjustment" section below to check for correct operation.

Elevation Micro Switch Adjustment

**Tools required for this procedure: Phillips Head Screwdriver
6" scale**

At 0% elevation, the treadmill SIDE CHANNELS should be parallel to the floor. When the BREAKER/POWER SWITCH is turned on, if the treadmill is not at 0% already, the elevation will automatically power itself into a calibration mode in which it travels downward until the 0% ELEVATION LIMIT SWITCHES are actuated. The controller is now calibrated and will accurately elevate the treadmill to the setting you require.

If you are repairing a unit and need to adjust the switches for correct calibration, remember that at 0% elevation the treadmill SIDE CHANNELS should be parallel to the floor. Also, the 0% ELEVATION LIMIT SWITCH located closer to the RUNNING BELT actuates first at 0%, then after 1/8" - 1/4" of travel by the 0% RESET PIN, the second ELEVATION LIMIT SWITCH will actuate.

The MAXIMUM ELEVATION SHUT OFF LIMIT SWITCH will not actuate unless there is a malfunction in the elevation circuitry. When adjusting this switch, simply make sure that in the event of a problem, the small rectangular plate that is bolted to the top of the LEFT ELEVATION SCREW will actuate the switch before all the ELEVATION SCREW is used.

Drive Motor Removal

Tools required for this procedure: Phillips Head Screwdriver
9/16" wrench
1/2" wrench
Small flat tip screwdriver

1. Turn the POWER SWITCH OFF and disconnect the POWER CORD from the power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.
2. Remove the SPEED PICK UP SENSOR.
3. Remove the four fasteners holding the ADJUSTABLE MOTOR BASE to the MOTOR PLATE.
4. Turn the ADJUSTABLE MOTOR BASE TENSIONING BOLT counter clock wise until the bolt is totally removed from the base.
5. Remove the TIMING BELT from the MOTOR PULLEY.
6. Remove the motor wire ACCESS COVER and disconnect the wires.
7. Remove the DRIVE MOTOR from the unit.
8. Remove the TIMING FLYWHEEL from the DRIVE MOTOR.
9. Remove PULLEY and PULLEY KEY from the old motor and set aside.
10. Install original PULLEY, PULLEY KEY and TIMING FLYWHEEL on the new motor.
11. Re-install MOTOR in reverse order.

Inverter Drive

The Inverter Drive programs should not be changed unless directed by the factory.

To test the function of the Inverter Drive, follow the steps below.

CAUTION! Do not touch terminal strips! Touch only the keypad. Only qualified personnel should work on the unit.

1. Disconnect treadmill from power and remove the hood.
2. With Mains POWER SWITCH OFF, plug POWER CORD into outlet.
3. Turn Mains POWER SWITCH ON.
4. Wait for INVERTER DISPLAY to stop flashing.
5. Press the MODE/ENTER KEY. F-00 will show in display.
6. Press the MODE/ENTER KEY again. "ON" will show in display.
7. Press the DOWN ARROW KEY. "OFF" will show in display
8. Press the MODE/ENTER KEY. The display will show "F-00".
9. Press the STOP/RESET KEY. The display will show "0". After this step, you will be able to run the DRIVE MOTOR from the INVERTER KEYPAD.
10. Press the START KEY. The DRIVE MOTOR should start turning. Pressing the UP or DOWN ARROW KEYS will change the speed of the DRIVE MOTOR. Pressing the STOP/RESET KEY will stop the DRIVE MOTOR.
11. The INVERTER DRIVE FUNCTION "F-00" must be changed back to "ON" to enable the control interface to operate the INVERTER DRIVE. Follow item 5 above and then press the UP ARROW KEY to display "ON". Press MODE/ENTER and then the STOP/RESET KEY and INVERTER DRIVE will be ready.

Troubleshooting

WARNING!

All motorized equipment is potentially dangerous if used incorrectly. Serious injury may result from loss of balance or falls. Read the precautions and owner's manual prior to using the treadmill.

MAIN CONTROLLER IS DARK

If Master Power switch is ON and the indicator light is illuminated, but the Main Controller remains dark, locate and replace the F2 Power Supply Fuse or reset #2 breaker on the left front side of the treadmill.

ELEVATION DOES NOT WORK

If the CONTROLLER accepts the elevation commands but the treadmill does not respond, locate and replace the F3 ELEVATION MOTOR Fuse/Breaker on the left front side of the treadmill. Make sure nothing is caught in the ELEVATION LIFT MECHANISM.

TREADMILL WILL NOT START

If the Main Controller accepts the START command, but the treadmill does not respond, first press STOP then the START key. If the condition persists, locate and reset or replace the F-1 Fuse/Breaker on the left front side of the treadmill.

MASTER POWER SWITCH TRIPS

If the Master Power switch trips, it is highly likely that the incoming power is below specification - refer to page 4. If the treadmill has been in use for some time, check to see if the RUNNING BOARD/RUNNING BELT Maintenance instructions have been followed. It might be that the RUNNING BOARD and/or RUNNING BELT might need to be serviced.

TREADMILL WILL NOT START

The Emergency Safety Magnet must be in place on the Main Controller in order for the machine to start. Check for proper power and conformance to the Deck/Belt Maintenance Instructions. Do NOT continue to operate the treadmill until the factory authorized service instructions have been complied with.

SPEED ERRATIC

If the speed is erratic, or if "E0.1" or "E0.2" error messages are displayed, check the Speed Sensor for dust or other debris. Raise the treadmill hood, locate the Sensor and carefully clean with a clean, soft paint brush or canned air.

If problems persist, follow the Service Instructions listed on Page 1.

Troubleshooting - Unit Will Not Elevate

Tools required for this procedure: Phillips Head Screwdriver
Volt/OHM Meter
Flat blade Screwdriver
Insulated Jumper Wires
Adjustable Pliers

CAUTION! Power will need to be on during some phases of testing. Use proper care to avoid electrical shock.

1. Turn the POWER SWITCH OFF and disconnect the POWER CORD from the power source.
2. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.
3. Check FUSE/BREAKER marked F-3 & F-4 with a voltage meter, this is a 2 amp breaker. If the breaker is tripped, then reset. If this does not repair the unit, go to the next step.
4. Try to manually rotate the ELEVATION SCREWS. This can be done by gripping the IDLER SPROCKET with adjustable pliers. If the sprockets will not turn, check to ensure that the FRONT WHEEL ASSEMBLY is not locked against the LOWER ELEVATION BUSHING. Check to see if there are any foreign objects caught in the ELEVATION SCREWS. Repair as needed. If sprockets turn, go to next step.
5. **CAUTION!** Plug the treadmill into power source and turn ON POWER SWITCH. Refer to Treadmill Power Supply Relay Board Schematic in the back of this manual, and check for VAC at the following locations.
 - A. 1. 110 volt models: Across the top of the master switch and the neutral line.
 2. 200-240 volt models: Across the top posts of the master switch.
 - B. Input and output of F-1 & F-2 breaker.
 - C. Pin 1 & 4 of the J-8 connector on the POWER SUPPLY/RELAY BOARD. Turn unit POWER OFF. If the power is lost in line, replace or repair part as needed. If power is good to POWER SUPPLY/RELAY BOARD, go to next step.

Troubleshooting - Unit Will Not Elevate (continued)

6. **CAUTION!** Unit power should be turned OFF. Check all elevation related wiring connections. Use the following as a guide:
- A. Elevation switches (3)
 - B. Connectors at POWER SUPPLY/RELAY BOARD (J-6, J-7, J-8)
 - C. Elevation motor connector (J-9)

If connections are loose or broken, repair as needed. If connections are good, go to the next step.

7. **CAUTION!** Turn unit power ON. Check voltage at ELEVATION SENSOR. Power to the sensor is 5.35 to 5.40 VDC. Input power is measured across the red and black wires. The red wire is positive, the black wire is negative.

Voltage should measure a constant 5.35 to 5.40 VDC. Output power is measured across the brown and black wires. The brown wire is now the positive lead. While manually rotating the ELEVATION IDLER SPROCKET, the voltage measurement should alternate between 5 VDC and 0 VDC as signal is opened and closed. If not, the ELEVATION SENSOR is bad and needs to be replaced. Turn the unit power OFF! If ELEVATION SENSOR functions properly, go to the next step.

8. **CAUTION!** The jumper wires should have insulated clamps.

To raise the unit with jumper wires on the POWER SUPPLY/RELAY BOARD, connect one lead from 12 VDC test point (+) and jump to the cathode side of the diode marked CR-5. The cathode side of the diode has a black ring with a corresponding shade on the circuit board. Turn unit POWER SWITCH ON.

The relay marked K-5 should "click" in, and the unit should elevate up at this time. With the POWER SWITCH OFF, connect a second jumper from the 12 VDC test point (+) to the cathode side of the diode marked CR-6. Turn POWER SWITCH ON. Relay K-6 should "click" in and the unit's elevation should lower. To raise the unit, remove the jumper from CR-6 and the treadmill will begin to elevate.

If the relays do not "click" in, replace the RELAY and diode if needed.

If the relays do "click" in but the unit does not function, turn the unit power OFF, remove jumper wires and connect P-6 into J-6 on the RELAY BOARD, and go to the next step.

If unit operates correctly, check the continuity of the wires in the control cable from the RELAY BOARD to the CONTROLLER. Replace or repair as needed.

9. **CAUTION!** Turn unit power ON. Set elevation for 10% incline. Check for 220VAC across pin 1 to common (pin-3) when lowering and pin 2 to common (pin-3) when rising at J-9. If voltage is correct, go to next step.
10. If elevation relays K-5 and K-6 did not "click" in, replace or repair control system as needed. If relays did "click" in, check voltage on the input and output legs of the MAXIMUM ELEVATION SHUT OFF SWITCH. This is the switch with the red wires. Switch should be wired for normally closed operation. Replace as needed.

Troubleshooting - Unit Stuck in Elevation

Tools required for this procedure: Volt/OHM Meter
Phillips Screwdriver
Insulated Jumper Wires
Adjustable Pliers

1. Turn the POWER SWITCH OFF and back ON again. If the unit does not return to 0% elevation, go to the next step. Turn the POWER SWITCH OFF and disconnect the POWER CORD from power source.
2. Check the FUSE/BREAKERS located under the BASE PLATE. If any of these are tripped, push "in" to reset.
3. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a cord.
4. Plug the machine back in and turn POWER SWITCH ON. If the machine is partially elevated, the elevation should come on to return the unit to 0% elevation. If this does not happen, proceed to step 5.
5. Check to see if the 0% RESET PIN is jammed in the up position, therefore keeping the 0% switches activated all the time. If so, push the pin back into position and lubricate with grease. If the 0% RESET PIN is not stuck, proceed to the next step.
6. Refer to steps 4-6 of section entitled "Unit Will Not Elevate".
7. Turn the POWER SWITCH OFF. Disconnect P-6 at J-6 on POWER SUPPLY/RELAY BOARD. Using one jumper wire with insulated clamps, attach one end to the 12 VDC test point on the POWER SUPPLY/RELAY BOARD. Attach the other end to the cathode side of the diode marked CR-5.

NOTE: The cathode side has a black ring with a corresponding shade on the circuit board.

Attach a second like jumper wire to the 12 VDC test point and then attach the other end of this wire to the cathode side of the diode marked CR-6. Turn ON the POWER SWITCH. The unit should now lower the elevation. If one or both relays did not "click" in when power was turn ON, replace the relay and diode as needed.
8. **CAUTION!** Power is still ON at this time. Disconnect motor lead connector J-9. With the jumper wires still attached, check for 220 VDC across pins 1 & 3 at J-9. If the voltage is correct, turn OFF the POWER SWITCH and check the ELEVATION CAPACITOR for the correct level of capacitance. Replace the capacitor or motor as needed. If voltage is not present, go to the next step.
9. **CAUTION!** Power is still ON at this time. With jumper wires still attached, check for 220 volts on the input and output legs of the minimum elevation limit switch. This is the switch with the blue wires. The switch should be wired for normally closed operation. Replace as needed.

Troubleshooting - Treadmill Will Not Start

Tools required for this procedure: Volt/OHM Meter
Phillips Screwdriver
Insulated Jumper Wires
Adjustable Pliers

CAUTION! Unit power will be ON during some phases of testing. Use proper care to avoid electrical shock.

1. Check the EMERGENCY STOP BUTTON if applicable. The button should not be depressed.
2. Turn the POWER SWITCH OFF and disconnect the POWER CORD from the power source. Remove the Phillips Head screws from the HOOD. Slide the HOOD to the top of the FRONT RAIL and secure with a bungee type cord.
3. Check the FUSE/BREAKER marked F-1. Replace if FUSE is bad with the proper FUSE size indicated on the label. (Reset breaker if installed.)
4. With the unit unplugged, check the following components and connections:
 - A. Check for loose wires at INVERTER terminals.
 - B. Check the DRIVE MOTOR WIRES located under the WIRING ACCESS PANEL.
 - C. Check the FUSE/BREAKER connections.
 - D. Check CONTROL and/or EMERGENCY STOP CABLE, if applicable, for damage.
 - E. Check WIRE CONNECTIONS at:
 1. J-6, J-7 and J-8 connectors on circuit board.
 2. Power wires at transformer.
 3. F-1 & F-2 FUSE/BREAKER.
5. **CAUTION!** The following tests will require the unit power to be turned ON. Plug the unit into the wall outlet. Turn POWER SWITCH ON. Will the unit start? If not, go to the next step.
6. Check for proper voltage coming into the unit. Perform this check at the bottom posts of the MAINS POWER SWITCH.

NOTE: Be aware of high voltage connections.

If incoming power is correct, go to the next step.

Troubleshooting - Treadmill Will Not Start (continued)

7. Check for 220 volts AC on the input and output posts of fuse/breaker. If correct voltage is not present, replace or repair problem area as needed. If correct voltage is present, go to next step.
8. Check DC voltage across 12 VDC and ground. If no voltage is present, replace transformer T-1 or bridge rectifier UCR-1 as needed. If around 12+VDC is present, go to the next step.
9. Check DC voltage across Z1, should be 5.30 VDC to 5.4 VDC.
10. If the unit operates correctly at RELAY BOARD, repair or replace the CONTROL CABLE. If the unit does not function correctly at the RELAY BOARD, repair or replace the RELAY BOARD or wiring as needed.

TRACKMASTER Limited Warranty

All products supplied by TRACKMASTER are warranted to be free from defects in materials and workmanship for a period of two years under the following warranty program. Any repairs required in the first 12 months from the start of the warranty period will be performed by TRACKMASTER, or our assigned agent, at no charge to the customer for labor, parts and freight charges.

During the second 12 months, any failure of a part due to a defect in material or workmanship will be warranted on a parts replacement basis. The labor cost of warranty service, performed by TRACKMASTER or our assigned agent, as well as any freight charges incurred will be charged to the customer. Expressly excluded from the second 12 months warranty period are normal wear and tear items such as decks and belts. Other wear items are defined at the discretion of TRACKMASTER.

This warranty shall extend to the first purchase only and begins from the original date of purchase. The warranty shall exist only so long as the treadmill has been properly used, solely for its intended purposes and in conformance with any and all applicable instruction manuals and manufacturer's suggested procedures.

Also, the treadmill must have been properly maintained with authentic TRACKMASTER parts and in accordance with the manufacturer's suggested maintenance procedures and has not been the subject of the operators negligence or abuse; and has been operated in normal environmental and temperature conditions.

TRACKMASTER warranty shall be limited solely to repairing, or at our option, replacing, any part of the treadmill which is covered by the warranty.

No repairs or replacements may be made by any person or party other than TRACKMASTER or persons approved by TRACKMASTER in writing, without voiding the terms of this warranty. (EXCEPTION: Replacing accessible fuses with same fuse will not void Warranty).

In no event shall TRACKMASTER be liable for costs or expenses beyond those necessary to make the needed repairs.

TRACKMASTER shall, in no event, be deemed to have made any other warranties, express or implied, in connection with the marketability, sale, use or operation of, or the information obtainable from, the products. In no event shall TRACKMASTER be liable for any physical injury or mental disturbance occasioned by or arising during the use of its products.

Specifically excluded from warranty coverage are those repairs necessary because of improper belt adjustments, negligence or abuse, freight damage, moving treadmill to a new location, improper or non-dedicated power and unauthorized repairs or modification. In addition, improper or non-dedicated power, unauthorized repairs or modification or sale of the treadmill to a second party will void this warranty.

Purchased From _____ Phone _____

[illegible]